

# The DPH Bulletin

From the Delaware Division of Public Health

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## Lt. Governor's Challenge 2.0 recognizes individuals, groups for healthy living



Lieutenant Governor Bethany Hall-Long, at right, leads a walk at the DE TURF sports complex after launching the Lt. Governor's Challenge (2.0 version) on Oct. 25. Also pictured, from left, are Jamor Thompson, Program and Event Coordinator at DE TURF, Governor John Carney, and Dr. Sandy Gibney of St. Francis Healthcare in Wilmington.

Lieutenant Governor Bethany Hall-Long recently kicked off the Lt. Governor's Challenge 2.0 at the DE TURF sports complex in Frederica.

Her office will recognize individuals and groups who promote healthier living. There are four focus areas: Emotional Well-being, Healthy Living, Chronic Disease Management and Prevention, and Mother and Child Health. Workplaces, schools, communities, neighborhoods, municipalities, and individuals are encouraged to apply.

For more information, visit [www.ltgovernorschallenge.org](http://www.ltgovernorschallenge.org) or visit Facebook (@LtGovernorDE), Twitter (@LTGovHall\_Long), and/or Instagram (@ltgovbethany).

## Self-manage chronic diseases

The public can register for free six-week workshops provided by the Division of Public Health's (DPH) Diabetes and Heart Disease Prevention and Control Program. Classes are held statewide.

Diabetes Healthy Management workshops are held weekly between Jan. 16 and Feb. 27, 2019 from 1:00 p.m. to 3:30 p.m. Healthy Chronic Disease Self-Management workshops are held weekly between Feb. 7 and March 21, 2019 from 1:00 p.m. to 3:30 p.m. Enrollees should attend all six classes.

State employees can register at <http://hrm.omb.delaware.gov/training/>. Others should email Tiffany Pearson at [Tiffany.Pearson@state.de.us](mailto:Tiffany.Pearson@state.de.us).

## Adopt healthier lifestyle changes

It's never too late to adopt healthier habits. In addition to getting recommended immunizations and screenings, DPH asks Delawareans to:

- **Sign up for health insurance and designate a medical provider.** Open enrollment on Delaware's Health Insurance Marketplace runs from Nov. 1 through Dec. 15, 2018 at [www.HealthCare.gov](http://www.HealthCare.gov). Coverage for enrollees who sign up by Dec. 15 and pay their first month's premium will be effective Jan. 1.
- **Reach and maintain a healthy weight.** Preventing overweight and obesity is extremely important for overall health, especially to prevent chronic diseases. Even if you think you are at a healthy weight, verify it at the U.S. Centers for Disease Control and Prevention's (CDC) website, <https://www.cdc.gov/healthyweight/>.

- **Get enough physical activity.**

Regular physical activity enhances one's wellness, helps prevent chronic diseases, and is especially important for weight loss or maintaining a healthy weight. The CDC's *Physical Activity Guidelines for Americans* recommends that children and adolescents be physically active for one hour or more each day, for five or more days a week. Adults need at least two and a half hours of moderate-intensity aerobic activity, such as brisk walking, every week for 20 minutes or more, scattered throughout the week. Adults also need muscle strengthening activities twice weekly. For more information, visit <https://www.cdc.gov/physicalactivity/>.



- **Eat nutritious meals in proper portion sizes.** The U.S. Departments of Agriculture (USDA) and Health and Human Services recommend following the *Dietary Guidelines for Americans 2010*. The ChooseMyPlate website ([www.choosemyplate.gov](http://www.choosemyplate.gov)) has useful tips, recipes, and menus.



- **Don't smoke or vape, and quit if you do.** DPH's Tobacco Prevention and Control Program offers free tobacco cessation for Delawareans age 18 and older through the Delaware Quitline. Visit <https://dhss.delaware.gov/dph/dpc/quitline.html>.



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